

## Turkey Panini#2 or Grilled or Hot Turkey Sand#2 100

Number of Servings: 100 (188.12 g per serving)

Amount	Measure	Ingredient
9 1/2	lb	Turkey, fryer/roaster, breast, w/o skin, rstd
6 1/2	lb	Peppers, bell, red, sweet, fresh, sliced
6 1/2	lb	Squash, zucchini, w/skin, fresh, slices
3 1/8	lb	Spinach, fresh, leaf
3 1/8	lb	Cheese, Swiss, past, proc, slice
2.00	cup	Dressing, Miracle Whip
6 1/2	Tbs	Oil, olive, extra virgin
200.00	slc	Bread, whole grain, slice

### Nutrients per serving

Nutrition Facts	
Serving Size (188g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 280</b>	<b>Calories from Fat 80</b>
% Daily Value*	
<b>Total Fat 8g</b>	<b>12%</b>
Saturated Fat 3g	15%
Trans Fat 0g	
<b>Cholesterol 50mg</b>	<b>17%</b>
<b>Sodium 470mg</b>	<b>20%</b>
<b>Total Carbohydrate 27g</b>	<b>9%</b>
Dietary Fiber 5g	20%
Sugars 6g	
<b>Protein 24g</b>	
Vitamin A 50%	Vitamin C 80%
Calcium 20%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

### Instructions

Pour half of the olive oil (may use canola) in pan and saute peppers (diced or sliced) and zucchini (sliced or diced) until tender.

Place 1/2 oz cheese on one slice of bread and spread with 1 tsp. Miracle whip. Add 1 1/2 oz of turkey to each sandwich and top with 1/4 c sauted peppers and zucchini. Top off with spinach (1/4-1/3 c packed spinach leaves/sandwich) and remaining bread slice.

Brush both outsides of sandwich with remaining oil (1 tsp/sand). Grill on a Panini or regular grill (or wrap in foil individually and bake at 350 degrees for 20-30 minutes - sandwiches can be sent to satellite sites cold and baked there if time allows).

1 serving = 1 sandwich

1 sandwich = 2 CS

Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.
- Single gloves should be used for only one task and then discarded.

Holding :

- Hold for hot service at an internal temperature of 135 F or higher.

### Notes

Turkey meas above is after being cooked

1# = 16 oz